

FREE SERVICE
MONTANA TOBACCO QUIT LINE
1-866-485-QUIT (7848)

To learn more about the Quit Line or
to enroll in the program, please call



1-866-485-QUIT (7848)

OR
1-800-QUIT-NOW

FREE!

- 4 weeks of nicotine replacement therapy (gum, patches or lozenges)
- Trained Quit Specialists to help you set a quit date and guide you through the entire process with ongoing support
- Personalized quit plan
- Tips, tricks, guides & health info



Brought to you by:

The Montana Department of Public Health and Human Services.

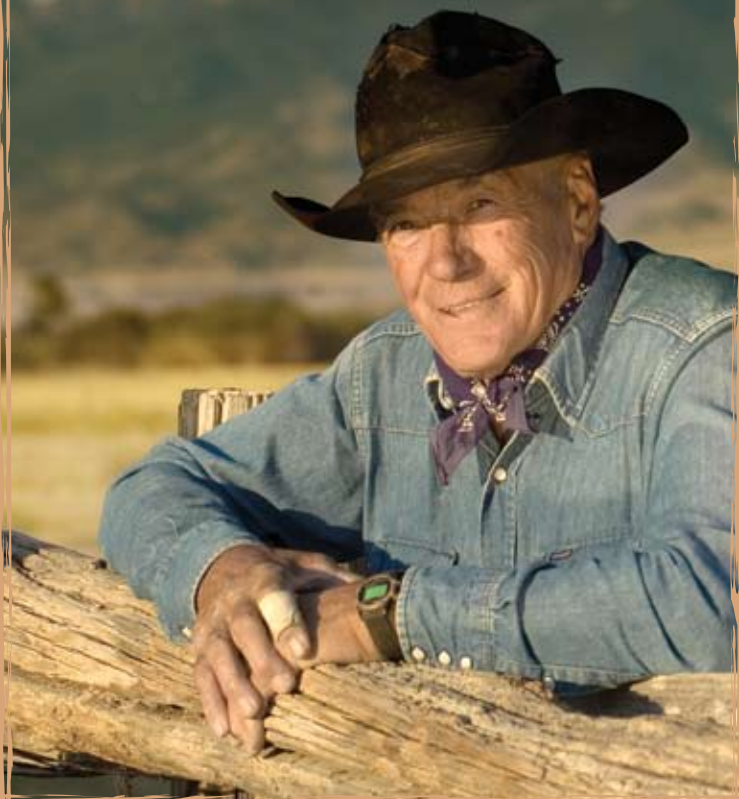
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Most tobacco users
REGRET
the day they started.

1-866-485-QUIT (7848)

NOBODY
REGRETS
the day they stopped.



The Montana Tobacco Quit Line is a completely FREE service that helps Montanans quit using tobacco.

Ready to quit? We're ready to help.

When can I call?

- 7 am to 9 pm Monday - Thursday
- 7 am to 7 pm Friday
- 8 am to 4:30 pm Saturday - Sunday

Please leave us a message. We'll call you back!
24-hour voice mail.

What can I expect?

- 4 weeks of nicotine replacement therapy (gum, patches or lozenges)
- Trained Quit Specialists to help you set a quit date and guide you through the entire process with ongoing support
- Personalized quit plan
- Tips, tricks, guides & health information

Does it work? YES!

Smokers and/or chewers who use the FREE services of the Montana Tobacco Quit Line are up to 10 times more likely to succeed than those who try to quit on their own.

3 good reasons to quit

- **Your health.** Tobacco use causes cancer, heart disease, chronic bronchitis, asthma and emphysema.
- **Your family.** Live a healthier, longer life. Did you know quitting could add 10 to 15 years to your life?
- **The cost.** The average smoker spends as much as \$5,000 a year on cigarettes. The average spit tobacco user spends up to \$2,000 a year on chew.

Quit now. Feel the difference.

Your health will begin to improve within the first day of quitting, even if you have been using tobacco for years.

If you quit now:

1 Day

Decreased chance of a heart attack.

2 Days

Improved sense of smell and taste.

2 Weeks-
3 Months

Improved circulation and increased lung function.

1-9
Months

Decreased coughing, sinus congestion, fatigue and shortness of breath.

5 Years

Risk of stroke is reduced to same level as a non-tobacco user.

15 Years

Risk of developing coronary heart disease is roughly equivalent to someone who has never used tobacco.



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